

NORTH PARK THEOLOGICAL SEMINARY
SPFM 6304 SPIRITUAL DIRECTION AND SOLITUDE
SPRING SEMESTER, 2010

MONDAYS: 1:00-2:00

Instructors: John Weborg, Ellen Kogstad.

PURPOSE: This course is an introduction to the biblical, historical, theological, and personal dimensions of spiritual direction as a vocational discipline and personal journey. By reading, reflection, and experience it is intended that the student have an image, a vision, a sense of understanding of spiritual direction as an ecclesial and pastoral gift to themselves and the people of God.

REQUIRED TEXTS:

Guenther, Margaret, Holy Listening: The Art of Spiritual Direction, Cowley Publications, 1992.

Benner, David, The Gift of Being Yourself: The Sacred Call to Self-Discovery, InterVarsity Press, 2004.

RESERVE ITEMS:

Buckley, Suzanne. Sacred is the Call, Crossroads, 2005.

Vest, Norvene Ed. Still Listening: New Horizons in Spiritual Direction, Morehouse Publishing, 2000.

Williams-Bryant, Cecelia. Kiamsha, Akosua Visions, 1991.

COURSE REQUIREMENTS:

- 1) Class attendance and promptness is a normative expectation.

- 2) Required attendance at a 12 hour retreat (9am-9pm) on **Friday, February 26**. The cost is \$10.00. Students will also need to bring a lunch to the retreat. Dinner will be provided. A one page reflective paper will be due **March 1** highlighting at least one fruit and one frustration from the retreat day.

- 3) A one-page reflection paper (not a summary or book report) on the **three chapters** you selected from either the Norvene Vest, ed., or Buckley books OR Kiamsha (read in its entirety) will be due on **April 26**.
 - a) Identify two growth points or "cutting edges."
 - b) Identify a question that lingers.
- 4) A signed statement that the readings were completed is due by the last day of class and is a requirement for passing the course. Due **May 3**.
- 5) Each student will participate in four sessions of spiritual direction with one of the following:
 - Ellen Kogstad 847.486.1344/ektwind@att.net
 - John Weborg 815.303.2913
 - Janice Kelly 773.478.1715
- 6) Students will usually sign up for spiritual direction appointments on the first day of class or by email during the first week. **It is the student's responsibility to schedule sessions and to keep the appointment at the agreed upon time.** Unless there is a personal emergency, it is expected that this commitment will be met. In the event that a student misses a session and fails to make arrangements in advance (at least 24 hours) with the director, that student may be asked to write a reflection paper on a topic to be assigned by the director. In addition, the student will need to make up the missed session. If a student fails to complete four sessions before the end of the semester, the student will fail the course.
- 7) A one credit independent study option is available for students who want to continue receiving direction after the class is over.
- 8) Grading is Pass/Fail.
- 9) These questions maybe used to begin the personal conversations:
 - a) Describe your spiritual growth point at the present moment and the place where spiritual growth is stunted.
 - b) What bible story/character most frames your life?
 - c) What picture/metaphor of God do you use in your prayer life? Has this changed over the years and if so, what occasioned the change?
 - d) Suggestions for guidance in prayer.

CLASS SESSIONS/LECTURES:

February 1 Orientation to the course and spiritual direction: Demonstration of spiritual direction by Janice and Ellen.

February 8 Historical overview of spiritual direction - John Weborg

February 15 The use of Scripture in Spiritual Direction, Part I Psalms of Confession - J. Weborg (Please bring your Bible)

February 22 Orientation to a Solitude Retreat: J. Weborg and E. Kogstad

Friday, February 26 All Day Solitude Retreat

March 1 Reflection on the Solitude Retreat. **Reflection Paper due.**

March 8 Spring Break-No Class

March 15 The use of Scripture in Spiritual Direction, Part II Joy and Celebration - E. Kogstad (Please bring your Bible)

March 22 The use of Scripture in Spiritual Direction, Part III Psalms of Lament - J. Weborg (Please bring your Bible)

March 29 The use of Scripture in Spiritual Direction, Part IV Psalms of Anger - J. Weborg (Please bring your Bible)

April 5 Easter Monday-No Class

April 12 Group Spiritual Direction: History and Types - E. Kogstad and J. Weborg

April 19 Group Spiritual Direction Practice

April 26 Discernment in Spiritual Direction - Ellen Kogstad
Reflection Paper Due

May 3 Resistances in Spiritual Direction - John Weborg
Desire in Spiritual Direction - Ellen Kogstad

Questions that linger/ Continuing in Spiritual Direction in Practice or as a Vocation - **Completion of Readings Statement due.**